

Early Learning Center Month: November 2025

- School Age children may be served cereal and fruit in substitution for hot breakfast in order to maintain their individual bus schedules
- Meals and Snacks are subject to change without notice
- As stated in the parent handbook, all requests for special foods and diets must be documented and recommended by your physician. Parents may be required to provide appropriate food substitutes for their child
- HM: This item is homemade, not a prepackaged food item

	Menu Item	1-2 age	3-5 age	6-12 age	November 3 Monday	November 4 Tuesday	November 5 Wednesday	November 6 Thursday	November 7 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Mandarin Oranges	Strawberries	Pineapple	Blueberries	Applesauce
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Kix Cereal	Corn Chex Cereal	Cheerios Cereal	Rice Chex Cereal	Whole Grain French Toast Sticks
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Green Beans	Broccoli	Stewed Tomatoes	Corn	Peas
	Fruit	1/8 cup	¼ cup	1/4 cup	Mixed Fruit	Pears	Apple Slices	Peaches	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Sliced Turkey	Turkey Meatballs with Turkey Gravy	Macaroni and Cheese (whole grain macaroni, cheddar cheese, milk) HM	Diced Chicken and Salsa (HM)	Chicken Salad (Chicken, light mayo, dill) HM
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Whole Wheat Bread	Whole Grain Slider Roll	Whole Grain Macaroni	Whole Wheat Tortilla	Whole Wheat Bread
	Add. Food option				Mustard				
Snack	Fluid	½ cup	½ cup	1 cup	Apple Juice	White Grape Juice	Water	Milk	Orange Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or 1 serv (1 oz)	Whole Grain Bean and Veggie Crackers	Pretzels (inf/tod-soft pretzels)	Flat Bread and Cheddar Cheese Cubes	Cheez-it Crackers	Inf/Tod-Graham Crackers PS/SA-Cinnamon Graham Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	November 10 Monday	November 11 Tuesday	November 12 Wednesday	November 13 Thursday	November 14 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Blueberries	Apple Slices	Mango	Orange Slices	Bananas
	Grains (oz eq)	½ s or serving (1/2 oz)	½ s or ½ serving (½ oz)	1 s or 1 serving (1 oz)	Bran Flakes Cereal	Whole Grain Croissants	Life Cereal	Multi-Grain Cheerios Cereal	Rice Chex Cereal
	Add. Food option					Apple Butter			
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Mashed Potatoes	Lima Beans	Diced Carrots	Stewed Tomatoes	Zucchini
	Fruit	1/8 cup	¼ cup	¼ cup	Mandarin Oranges	Peaches	Pineapple	Mixed Fruit	Pears
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Diced Chicken and Gravy	Turkey Sausage Patty Melt (turkey sausage, whole grain English muffin, cheddar cheese) HM	Sweet and Sour Chicken (Diced Chicken, Sweet and Sour Sauce) HM	Grilled Cheese (Whole Wheat Bread, Sliced Cheddar Cheese)	Tuna Salad (tuna, mayo, dill) HM
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Grain Dinner Roll	Whole Grain English Muffin	Whole Grain Slider Roll	Whole Wheat Bread	Whole Wheat Pita
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	Orange Juice	Apple Juice	Milk
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (½ oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Townhouse crackers and Soy Nut Butter	Apple Cinnamon Whole Grain Squares	Triscuit Crackers	Whole Grain Cheddar Goldfish	Animal Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	November 17 Monday	November 18 Tuesday	November 19 Wednesday	November 20 Thursday	November 21 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Fruit Vegetable	¼ cup	½ cup	½ cup	Blueberries	Pears	Applesauce	Strawberries	Apple slices
	Grains (oz eq)	½ s or serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1s or 1 serv (1 oz)	Corn Flakes Cereal	Kix Cereal	Whole Wheat Bagels	Rice Chex Cereal	Cheerios Cereal
	Add. Food option						Cream Cheese		
Lunch	Milk	½ cup	¾ cup	1 cup	Milk	Milk	Milk	Milk	Milk
	Vegetable	1/8 cup	1/4 cup	1/2 cup	Broccoli	Diced Potatoes (potatoes, olive oil, oregano)	Carrots	Mixed Vegetables	Cucumber Slices
	Fruit	1/8 cup	¼ cup	1/4 cup	Mixed Fruit	Peaches	Pineapple	Mandarin Oranges	Bananas
	Meat/ alternative	1 oz	1 ½ oz	2 oz	Scrambled Eggs	Turkey Burger	Chicken Teriyaki (diced chicken, teriyaki sauce, broccoli) HM	BBQ Ground Turkey (HM)	Sliced Turkey
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Whole Wheat Tortilla	Whole Wheat Hamburger Bun	Whole Grain Slider Roll	Whole Grain Dinner Roll	Whole Wheat Bread
	Add. Food option					Ketchup			Mustard
Snack	Fluid	½ cup	½ cup	1 cup	Water	Milk	Orange Juice	Water	White Grape Juice
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv (1/2 oz)	½ s or ½ serv (1/2 oz)	1 s or serv (1 oz)	Pretzels and Sliced Cheddar Cheese (infant/tod; soft Pretzels)	Graham Crackers	Multi-Grain Club Crackers	Triscuits and Cheddar Cheese Cubes	Whole Grain Bean and Veggie Crackers

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	Menu Item	1-2 age	3-5 age	6-12 age	November 24 Monday	November 25 Tuesday	November 26 Wednesday	November 27 Thursday	November 28 Friday
Breakfast	Milk	½ cup	¾ cup	1 cup					
	Fruit Vegetable	¼ cup	½ cup	½ cup	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	Grains (oz eq)	½ serv - ¼ cup or 1/3 oz -¼ cup	-½ s or ½ serv -1/3 cup or ½ oz - ¼ cup	-1s or 1 serv -3/4 cup or 1oz - ½ cup					
	Add. Food option								
Lunch	Milk	½ cup	¾ cup	1 cup					
	Vegetable	1/8 cup	1/4 cup						
	Fruit	1/8 cup	¼ cup	1/4 cup					
	Meat/ alternative	1 oz	1 ½ oz	2 oz	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv					
	Add. Food option								
Snack	Fluid	½ cup	½ cup	1 cup					
	Fruit/ vegetable	½ cup	½ cup	¾ cup					
	Grains (oz eq)	½ s or ½ serv	½ s or ½ serv	1 s or serv	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED